

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – March 2013 **Bosque Farms**

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
				1
				Carrot Salad Fish Sandwich Broccoli Potato Chips Bun-Milk Fruit
4	5	6	7	8
Three Bean Salad Beef Stew Corn Bread Milk Fruit	Meatloaf Stewed Tomatoes Green Beans Mashed Potatoes Bread-Milk Fruit	Lettuce & Tomatoes Green Chile Chicken Enchiladas Calabacitas Spanish Rice Milk-Fruit	Carrot Pineapple Salad Carne Adovada Red Chile Refried Beans Tortilla-Milk Peach Cobbler	Salad Vegetarian Lasagna Italian Vegetables Garlic Bread Milk Fruit
11	12	13	14	15
Cole Slaw Ground Beef Steak Vegetables Rice Crackers-Milk Fruit	Cucumber Salad Pork Roast Broccoli Scalloped Potatoes Bread-Milk Fruit	Lettuce & Tomatoes Beef Tacos Spinach Beans Milk Fruit	Corned Beef Cabbage Carrots & Onions Irish Potatoes Bread-Milk Fruit	Tomato & Cucumber Salad Clam Chowder Mixed Vegetables Roll-Milk Fruit
18	19	20	21	22
Beet & Onion Salad Hot Turkey Sandwich Broccoli Mashed Potato Bread-Milk Fruit	Lettuce & Tomato Green Chile Cheese Burger Ranch Beans Bun-Milk Fruit	Coleslaw Chicken Fajita Bell peppers & Onions Spanish Rice Tortilla-Milk Fruit	Meatloaf Stewed Tomatoes Green Beans Mashed Potatoes Bread-Milk Fruit	Salad Tuna Mushroom Sauce Peas & Carrots Rice Roll-Milk Fruit
25	26	27	28	29
Bean salad Chicken Chow Mein Rice Crackers Milk Fruit	Lettuce & Tomato Green Chile Cheese Burger Tator Tots Bun-Milk Fruit	Potluck & Monthly Birthday Party with Fiddlers & Musicians of New Mexico	Carrot Salad Ground Beef Steak Onions Green Beans Mashed Potatoes Milk-Fruit	Lettuce & Tomato Tuna Sandwich Macaroni Salad Carrot Sticks Bread-Milk Fruit